

OPENING UP YOUR CIRCLE!

Parents need friends too!

Parents often put the needs of their children first—and forget the importance of having their own group of friends. Trusted friends can help you to:

- **Brainstorm and solve problems.**
- **Share advice and stories about the joys and challenges of raising children.**
- **Give and receive backup child care.**
- **Meet last-minute needs and give relief in stressful times.**
- **Share community information and connections.**

SOME TIPS TO HELP

REACH OUT TO PARENTS WHO SEEM ALONE OR ISOLATED.

A friendly wave, a smile or a nod is a way to start—but why not take it a step further and introduce yourself to a neighbor who seems alone? This will help you to build a new connection and possibly help out a parent in need.



LOOK FOR PARENTS WHO SHARE YOUR INTERESTS.

Find parents who have children the same age as yours or whose children are involved in the same activities. These parents will have similar stories, needs and challenges. You may find a great source of mutual support!



ATTEND COMMUNITY OR CHURCH EVENTS.

Open up your circle by exploring events or activities within your community. Becoming involved in your community will give you a sense of belonging to something bigger!



INVITE A NEW PARENT TO JOIN YOUR SOCIAL GROUP.

Being the “new kid on the block” does not get any easier as an adult. Be aware of new neighbors, new parents in your school and at your church. Extend a hand of friendship and open up your circle as a source of support.

TAKE TIME TO STAY IN TOUCH WITH FRIENDS.

Make it a priority to stay in contact with your friends. Schedule time each week to take a walk with a friend or share a cup of coffee. Meet a friend at the park and take time to talk while the children play.

SHARE THE JOYS AND CHALLENGES OF PARENTING.

Parents are the best experts when it comes to their children. Take time to share your wisdom and seek input and support from others. Not only can you relieve your stress by venting your frustrations, but you can also build your confidence by acknowledging when things have gone right.

OPEN UP YOUR CIRCLE AT A PARENT CAFÉ!

Parent Cafés are being held throughout Westwood, Cheviot and the entire 45211 ZIP code area. Come to a Parent Café and share your wisdom and parenting experiences with other parents!

RESOURCES

2-I-I. For additional information **DIAL 2-I-I** and connect to community resources for your family.

www.ConnectCommunitySupport.org. Go to this website for information about Strengthening Families in Westwood and Cheviot. Learn about this initiative, access local resources or **JOIN A PARENT CAFÉ.**

To learn about Parent Cafés in your area, you can also contact a Strengthening Families parent coordinator at 4C for Children, 513-221-0033 ext. 1305.

strengthening families

Westwood • O H I O • Cheviot

Connect. Community. Support.

Funded by the Ohio Children's Trust Fund through the Hamilton County Family and Children First Council and The Consortium for Resilient Young Children. Implemented by 4C for Children (project coordinator), Centerpoint Health, The Children's Home of Cincinnati and Santa Maria Community Services. Partnering with the YWCA, the Council on Child Abuse and the United Way of Greater Cincinnati.

